

What is claimed is:

1. An apparatus comprising:
an elongated tube; and
an elongated rod having a holding member on one end and dimensioned to fit within the elongated tube, the holding member adapted to hold an end of a lead such that the end of the lead can be pulled through the elongated tube.
2. The apparatus of claim 1, wherein the holding member is removably attachable to the elongated rod.
3. The apparatus of claim 1, wherein the elongated tube is flexible.
4. The apparatus of claim 1, wherein the elongated tube is rigid.
5. The apparatus of claim 1, wherein the elongated tube has an internal bore diameter larger than the lead diameter.
6. The apparatus of claim 1, wherein the elongated tube includes a peel-away structure.
7. The apparatus of claim 1, wherein the elongated tube includes a coated internal surface.
8. The apparatus of claim 1, wherein the holding member is adapted to grip a terminal end of the lead.
9. The apparatus of claim 1, wherein the holding member is adapted to grip an electrode end of the lead.

10. The apparatus of claim 1, wherein the holding member includes a biasing portion to engage an outer surface of the lead.
11. A subcutaneous tunneling system comprising:
 - an elongated tube;
 - a tunneling rod extending from a handle end to a tip end, wherein the elongated tube is mountable around the tunneling rod, the tunneling rod for inserting the elongated tube subcutaneously; and
 - a holding member adapted to hold an end of a lead to pull the lead through the elongated tube.
12. The system of claim 11, wherein the holding member is removably attachable to the tip end of the tunneling rod.
13. The system of claim 11, further comprising a elongated lead carrier, wherein the holding member is attached to an end of the elongated lead carrier.
14. The system of claim 11, wherein the elongated tube is flexible.
15. The system of claim 11, wherein the elongated tube is rigid.
16. The system of claim 11, wherein the elongated tube includes a peel-away structure.
17. The system of claim 11, wherein the elongated tube includes an internal bore having a diameter dimensioned to be larger than a diameter of the lead.

18. An apparatus comprising:
 - an elongated rod having a holding member on one end, the holding member adapted to hold an end of a lead; and
 - means for minimizing tunneling forces on the lead as the lead is pulled through a subcutaneous portion of a body by the holding member.
19. The apparatus of claim 18, wherein the means includes an elongated, hollow tube inserted subcutaneously into the body.
20. The apparatus of claim 18, wherein the holding member is adapted to grip a terminal of the lead.
21. The apparatus of claim 18, wherein the holding member is adapted to grip an electrode end of the lead.
22. An apparatus comprising:
 - an elongated, hollow tube having an inner bore diameter dimensioned to be larger than an outer diameter of a lead, the elongated hollow tube for providing a tunnel within a body; and
 - an elongated rod having a lead holding member on one end and a handle on a second end, the elongated rod dimensioned to fit within the elongated tube such that the lead holding member extends from a first end of the elongated tube and the handle extends from a second end of the elongated tube, the lead holding member adapted to hold an end of the lead located outside the first end of the elongated tube such that the end of the lead can be pulled through the elongated tube to exit on the second end of the elongated tube.
23. The apparatus of claim 22, wherein the elongated tube is flexible.

24. The apparatus of claim 22, wherein the elongated tube is rigid.
25. The apparatus of claim 22, wherein the elongated tube includes a peel-away structure.
26. A method comprising:
inserting an elongated tube subcutaneously within a body; and
pulling an end of a lead through the elongated tube.
27. The method of claim 26, wherein inserting the elongated tube includes mounting the elongated tube around a tunneling tool, inserting the tunneling tool through subcutaneous tissue, and removing the tunneling tool such that the elongated tube remains in the subcutaneous tissue.
28. The method of claim 26, wherein pulling the lead through the elongated tube includes inserting an elongated rod through the elongated tube, the elongated rod having a first end and a second end, the second end having a holding member, attaching the holding member to an end of the lead and pulling the first end of the elongated rod to pull the lead through the elongated tube.